

TIPS

In addition, here are some tips from the experienced walkers and runners of our area:

1. Don't overdo it. A mile in our hilly terrain seems much farther.
2. Don't exercise in the hottest part of the day. During the summer, Vicksburg's temperature and humidity can exhaust the hardiest athlete. Drink plenty of fluids when you exercise!
3. Check your course first. Know when to expect what and avoid making the wrong turn.
4. Wear proper shoes. Inappropriate shoes can cause severe foot, leg and back problems.
5. Avoid walking through tall grass in the summer. Our wasps and yellow jackets are ferocious.
6. Watch for ice. In winter a bad fall on a steep hill could be disastrous.
7. IN CASE OF AN EMERGENCY: If you are unable to contact a ranger, call 911 and their dispatch will contact the park ranger.

RESEARCHED AND PREPARED
BY YOUNG ADULT
CONSERVATION CORPS CAMP 2171
(revised February 2002)



ON FOOT

The runner's & walker's
guide to
Vicksburg National
Military Park



Rosa Coffie

Photo Courtesy of
The Vicksburg Post

Includes some do's
and don't's and
suggested routes with
their distances.

FROM THE SUPERINTENDENT

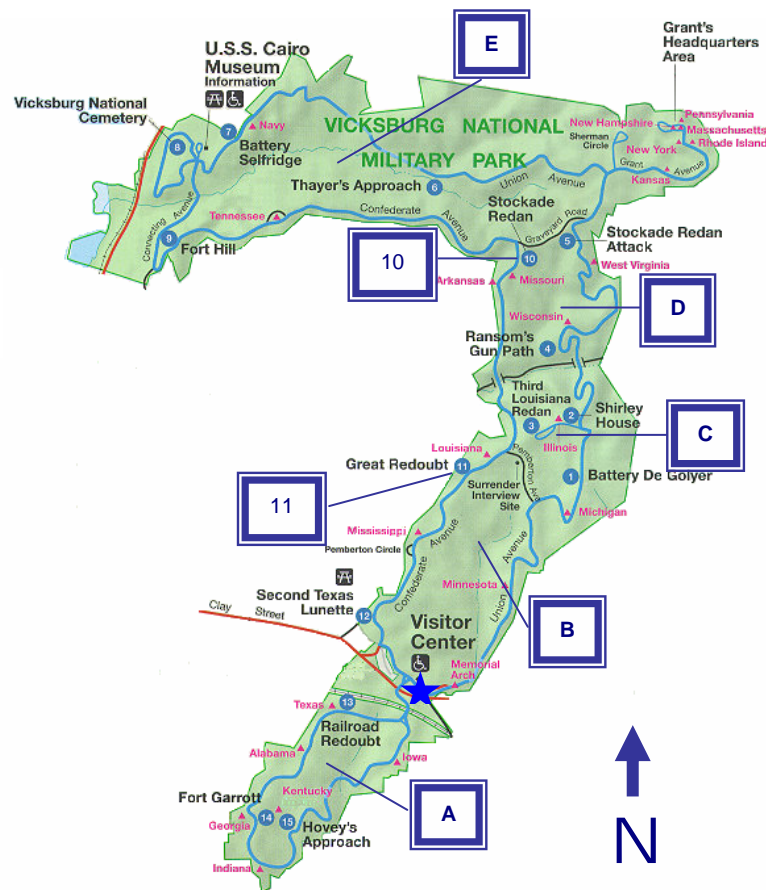
With an increased emphasis in this country on physical fitness, more and more visitors are getting out of their cars and enjoying the park on foot. With a few simple safety precautions this can be one of the best ways of all to enjoy the beauty and significance of our historic environment.

FOR YOUR SAFETY, PLEASE OBSERVE THE FOLLOWING PRECAUTIONS:

1. Park only in designated (curbed) parking areas.
2. Always stay on, or near, the shoulder of the road, behind the white line designating the walking/running lane.
3. Bicyclists should always ride with the flow of traffic while in the park.
4. Wear light colored clothing, especially near dusk.
5. Plan your route so you can face the flow of the traffic as much as possible.

Thank you!!

MAP



LEGEND

A = Garrott's Promotion
B = Grant's Generosity
C = Shirley's Hospitality
D = Forlorn Hope
E = Pemberton's Revenge
★ = Visitor Center
10 = Tour Stop
11 = Tour Stop

ROUTES

	DISTANCE
<u>GRANT'S GENEROSITY</u> Visitor Center to the road just past Tour Stop 11 via Confederate Avenue. Turn right, then right again on Union Avenue to the Visitor Center.	2.75 MI (4.4 KM)
All routes begin and end at the Visitor Center.	
<u>SHIRLEY'S HOSPITALITY</u> Visitor Center to the historic trace just past Tour Stop 11. Turn right through the trace past the Illinois Monument, then turn right on Union Avenue to Visitor Center.	3.45 MI (5.6 KM)
<u>FORLORN HOPE</u> Visitor Center to Tour Stop 10 via Confederate Avenue. Turn right on Graveyard Road, then right again on Union Avenue to the Visitor Center.	6.0 MI (9.7 KM)
<u>PEMBERTON'S REVENGE</u> Visitor Center, around entire park (less the national cemetery, Grant's Circle, Illinois Monument and South Loop), back to Visitor Center.	10.35 MI (16.7 KM)
---- or add ----	
<u>NATIONAL CEMETERY</u>	+0.65 MI (1.0 KM)
<u>GRANT'S CIRCLE</u>	+1.55 MI (2.5 KM)
<u>ILLINOIS MONUMENT</u>	+0.45 MI (0.7 KM)
<u>GARROTT'S PROMOTION</u> Visitor Center under Clay Street and around South Loop of the Park and back to the Visitor Center.	3.0 MI (4.8 KM)